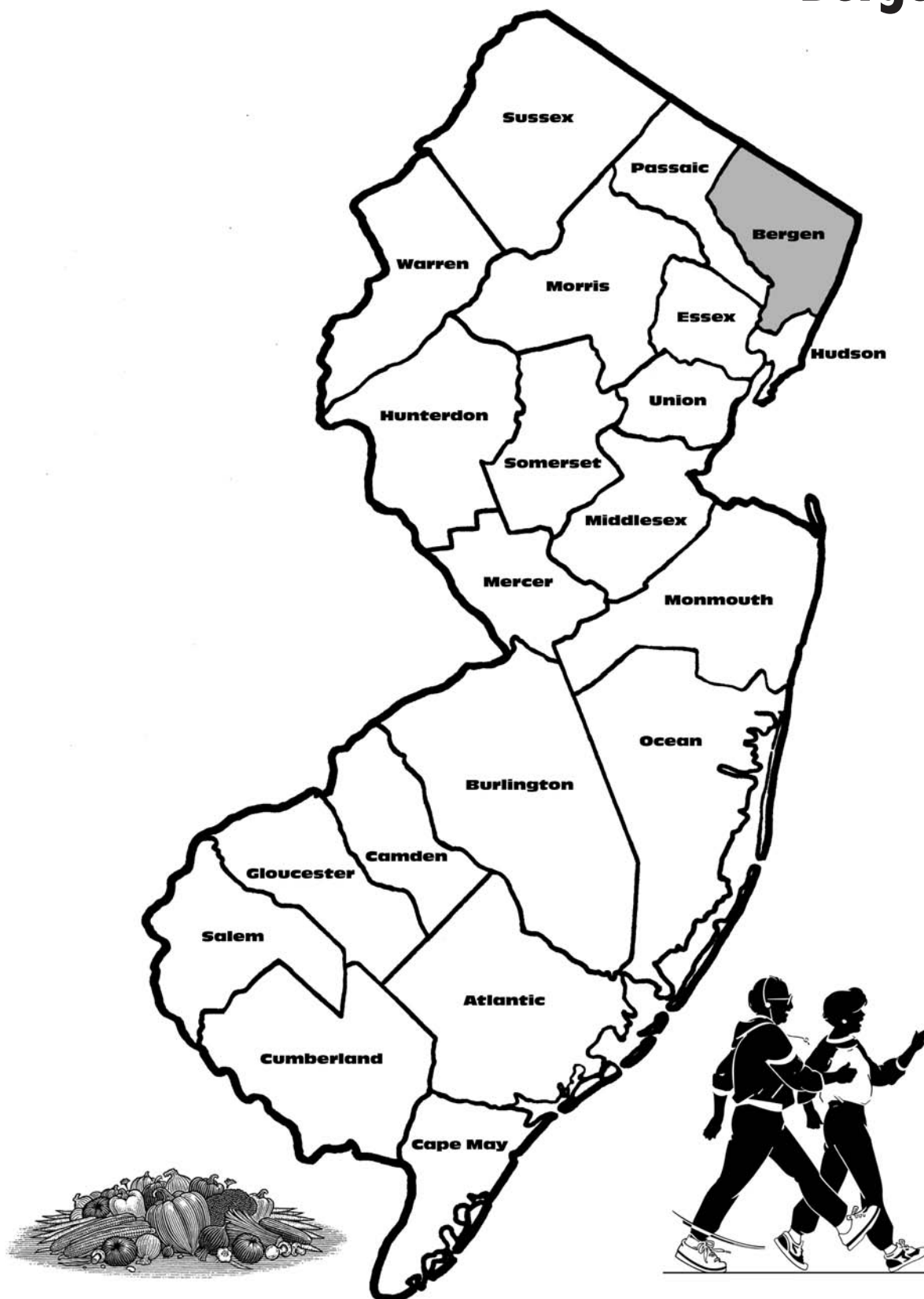











## **Bergen County**










# BERGEN COUNTY Nutrition Programs





<b>Program Name:</b>	<b>Personal Nutrition Counseling</b>
<b>Agency/Institution:</b>	<b>Ridgewood YMCA</b>
<b>Address:</b>	<b>112 Oak Street, Ridgewood, NJ 07450</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-444-5600</b>
<b>Website:</b>	<b>www.ridgewoodymca.org</b>
<b>Focus:</b>	<b>Promote healthy eating and lifestyle choices</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>

<b>Program Name:</b>	<b>Flip the Switch</b>
<b>Agency/Institution:</b>	<b>Ridgewood YMCA</b>
<b>Address:</b>	<b>112 Oak Street, Ridgewood, NJ 07450</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-444-5600</b>
<b>Website:</b>	<b>www.ridgewoodymca.org</b>
<b>Focus:</b>	<b>Develop a healthy lifestyle and improve awareness of the importance of proper nutrition</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Children, adolescents</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



# BERGEN COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Many nutrition focused lectures and activities</b>
<b>Agency/Institution:</b>	<b>Health Awareness Regional Program of Hackensack University Medical Center</b>
<b>Address:</b>	<b>25 East Salem Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-996-2038</b>
<b>Focus:</b>	<b>Promote a healthy diet</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>All ages</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Eating For Energy/Women's Heart Health</b>
<b>Agency/Institution:</b>	<b>Garfield YMCA</b>
<b>Address:</b>	<b>33 Outwater Lane, Garfield, NJ 07026</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>973-772-7450</b>
<b>Website:</b>	<b>www.garfieldymca.com</b>
<b>Focus:</b>	<b>Educate the community on proper nutrition</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>All ages, targets overweight</b>
<b>Fees &amp; Charges:</b>	<b>None</b>





**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)







# BERGEN COUNTY Nutrition Programs

<b>Program Name:</b>	<b>Body &amp; Soul</b>
<b>Agency/Institution:</b>	<b>American Cancer Society</b>
<b>Address:</b>	<b>20 Mercer Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>1-800-227-2345</b>
<b>Website:</b>	<b>www.cancer.org</b>
<b>Focus:</b>	<b>Increase vegetable and fruit consumption of the African American population</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>Tailored for African Americans of all ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Body &amp; Soul is a 12-week program for African American churches to encourage own membership to eat more vegetables &amp; fruits. Manual explains how church committee might run it, and local American Cancer Society is the resource. Program has specific cancer prevention focus.</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





# BERGEN COUNTY Nutrition Programs



<b>Program Name:</b>	<b>Nutrition Education Program</b>
<b>Agency/Institution:</b>	<b>Englewood Health Department</b>
<b>Address:</b>	<b>73 S. Van Brunt Street, Englewood, NJ 07631</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-568-3450</b>
<b>Website:</b>	<b>www.cityofenglewood.org</b>
<b>Focus:</b>	<b>Increase fruit and vegetable intake, decrease fat and cholesterol intake, and increase physical activity.</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Middle school students</b>
<b>Funded by:</b>	<b>Grants</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Bergen HealthEASE, Serving Up Good Nutrition</b>
<b>Agency/Institution:</b>	<b>County of Bergen, Division of Senior Services</b>
<b>Address:</b>	<b>One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-336-7411</b>
<b>Website:</b>	<b>www.co.bergen.nj.us</b>
<b>Focus:</b>	<b>Make healthier food choices</b>
<b>Services:</b>	     
<b>Population served:</b>	<b>Older adults, ages 60+, caregivers of older adults</b>
<b>Funded by:</b>	<b>Own funding, state, federal, client donation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Encourage low-income older adults to participate in the Senior Farmers Market Nutrition Program. Offer telephone assessment and counseling to homebound older adults.</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



## BERGEN COUNTY Nutrition Programs





<b>Program Name:</b>	<b>Breast Cancer Support Group &amp; Survivorship Program</b>
<b>Agency/Institution:</b>	<b>Holy Name Hospital Regional Cancer Center</b>
<b>Address:</b>	<b>718 Teaneck Road, Teaneck, NJ 07666</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-541-5900</b>
<b>Website:</b>	<b>www.holyname.org</b>
<b>Focus:</b>	<b>Healthy eating during and after cancer treatments to aid with reducing risk of cancer recurrence</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

<b>Agency/Institution:</b>	<b>Northwest Bergen Senior Center</b>
<b>Address:</b>	<b>46-50 Center Street, Midland Park, NJ 07432</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-445-5690</b>
<b>Focus:</b>	<b>To teach better nutrition habits</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>Seniors</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# BERGEN COUNTY Nutrition Programs





<b>Program Name:</b>	<b>Community Health Day</b>
<b>Agency/Institution:</b>	<b>Paramus Board of Health</b>
<b>Address:</b>	<b>Paramus Borough Hall, Jockish Sq., Paramus, NJ 07652</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-265-2100 ext. 615</b>
<b>Focus:</b>	<b>To provide interested residents with accurate, current information about healthy food choices</b>
<b>Services:</b>	 
<b>Population served:</b>	<b>All ages</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>





<b>Agency/Institution:</b>	<b>55 Kip Center</b>
<b>Address:</b>	<b>55 Kip Ave., Rutherford, NJ 07070</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-460-1600</b>
<b>Website:</b>	<b>www.55kipcenter.org</b>
<b>Focus:</b>	<b>Promote healthy aging</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, county grant</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)



## BERGEN COUNTY Nutrition Programs






<b>Program Name:</b>	<b>Healthy Eating</b>
<b>Agency/Institution:</b>	<b>55 Kip Center</b>
<b>Address:</b>	<b>55 Kip Avenue, Rutherford, NJ 07070</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-460-1600</b>
<b>Website:</b>	<b>www.55kipcenter.org</b>
<b>Focus:</b>	<b>Promote the physical, emotional, spiritual and educational well-being of older adults and to facilitate their participation in all aspects of community life.</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants, fundraising</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>

<b>Program Name:</b>	<b>Nutrition Program</b>
<b>Agency/Institution:</b>	<b>Thomas J. Riley Senior Center</b>
<b>Address:</b>	<b>100 Madison Avenue, Westwood, NJ 07675</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-666-0840</b>
<b>Focus:</b>	<b>To provide a well-balanced, hot, midday lunch</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Own funding, county</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






# BERGEN COUNTY Physical Activity Programs




<b>Program Name:</b>	<b>Youth Sports, Swim Programs and Swim Team</b>
<b>Agency/Institution:</b>	<b>Ridgewood YMCA</b>
<b>Address:</b>	<b>112 Oak Street, Ridgewood, NJ 07450</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-444-5600</b>
<b>Website:</b>	<b>www.ridgewoodymca.org</b>
<b>Focus:</b>	<b>Promote an active lifestyle</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Children, adolescents, families</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Adult Fitness Programs</b>
<b>Agency/Institution:</b>	<b>Ridgewood YMCA</b>
<b>Address:</b>	<b>112 Oak Street, Ridgewood, NJ 07450</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-444-5600</b>
<b>Website:</b>	<b>www.ridgewoodymca.org</b>
<b>Focus:</b>	<b>Promote an active lifestyle</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Adolescents, adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Wide variety of class offerings and a schedule that allows people to choose the activities that are best for them</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




# BERGEN COUNTY Physical Activity Programs






<b>Program Name:</b>	<b>Flip the Switch</b>
<b>Agency/Institution:</b>	<b>Ridgewood YMCA</b>
<b>Address:</b>	<b>112 Oak Street, Ridgewood, NJ 07450</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-444-5600</b>
<b>Website:</b>	<b>www.ridgewoodymca.org</b>
<b>Focus:</b>	<b>Promote a healthy lifestyle and awareness of the importance of physical activity</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Children, adolescents</b>
<b>Funded by:</b>	<b>Own funding, grants</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>Group Exercise/3-in-1/ Preteen Fitness</b>
<b>Agency/Institution:</b>	<b>YMCA of Greater Bergen County</b>
<b>Address:</b>	<b>360 Main Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-487-6600</b>
<b>Focus:</b>	<b>Educate and physically challenge people</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Adolescents, adults</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)





# BERGEN COUNTY Physical Activity Programs




<b>Program Name:</b>	<b>Health Ease</b>
<b>Agency/Institution:</b>	<b>Health Awareness Regional Program of Hackensack University Medical Center</b>
<b>Address:</b>	<b>25 East Salem Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-996-2038</b>
<b>Focus:</b>	<b>Promote a healthy lifestyle</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Program Name:</b>	<b>Fitness Programs</b>
<b>Agency/Institution:</b>	<b>55 Kip Center</b>
<b>Address:</b>	<b>55 Kip Avenue, Rutherford, NJ 07070</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201 460-1600</b>
<b>Website:</b>	<b>www.55kipcenter.org</b>
<b>Focus:</b>	<b>Promote the physical, emotional, spiritual and educational well-being of older adults and to facilitate their participation in all aspects of community life</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, grants, fundraising</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Classes: aerobics, chair fitness, men's fitness, arthritis foundation exercise, dancercise, salsa, line dance, walking club, body strengthening, tai chi, and yoga. Program provides information for cancer patients/survivors</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




# BERGEN COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Group Exercise Class</b>
<b>Agency/Institution:</b>	<b>Garfield YMCA</b>
<b>Address:</b>	<b>33 Outwater Lane, Garfield, NJ 07026</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>973-772-7450</b>
<b>Website:</b>	<b>www.garfieldymca.com</b>
<b>Focus:</b>	<b>Teaching the core values of the YMCA through group fitness and serving the needs of the community</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>All ages, physically challenged</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>

<b>Program Name:</b>	<b>HealthEASE Senior Wellness Fair</b>
<b>Agency/Institution:</b>	<b>County of Bergen, Division of Senior Services</b>
<b>Address:</b>	<b>One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-336-7411</b>
<b>Website:</b>	<b>www.co.bergen.nj.us</b>
<b>Focus:</b>	<b>Provide wellness information and health screenings</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Ages 60+, Bergen County residents</b>
<b>Funded by:</b>	<b>Federal, local, donation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program has specific cancer prevention focus and provides information for cancer patients/survivors</b>





**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






# BERGEN COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>HealthEASE Health Education</b>
<b>Agency/Institution:</b>	<b>County of Bergen, Division of Senior Services</b>
<b>Address:</b>	<b>One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-336-7411</b>
<b>Website:</b>	<b>www.co.bergen.nj.us</b>
<b>Focus:</b>	<b>Promote, support and sustain older adults age 60+ in living healthier, more independent lives through education and behavior change</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Age 60+, Bergen County residents</b>
<b>Funded by:</b>	<b>Federal, local, client donation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Program consists of six health education modules: Move Today - Exercise and Getting Fit, Nutrition - Serving Up Good Nutrition, Osteoporosis - Bone Up Your Health, Heart Health - Keeping Up the Beat, Medication Management - Be Wise About Medications, Memory - Keeping Your Mind Sharp. Program provides information for cancer patients/survivors.</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
 Equipment or Facilities for Fitness    Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)


# BERGEN COUNTY Physical Activity Programs





<b>Program Name:</b>	<b>HealthEASE Get Fit Program</b>
<b>Agency/Institution:</b>	<b>County of Bergen, Division of Senior Services</b>
<b>Address:</b>	<b>One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-336-7411</b>
<b>Website:</b>	<b>www.co.bergen.nj.us</b>
<b>Focus:</b>	<b>Promote active lifestyle</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Ages 60+, Bergen County residents</b>
<b>Funded by:</b>	<b>Federal, local, client donation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

<b>Agency/Institution:</b>	<b>Teaneck Junior Soccer League</b>
<b>Address:</b>	<b>Post Office Box 265, Teaneck, NJ 07666</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-837-0117</b>
<b>Website:</b>	<b>www.teanecksoccer.com</b>
<b>Focus:</b>	<b>Instill a love of soccer and promote physical activity in our students</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Children 4-14 years who are residents of Teaneck</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>As a youth recreation soccer league for the children of Teaneck, we offer player instruction, including the use of professional trainers, and formal coaching classes leading to national certification.</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

# BERGEN COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Body &amp; Soul</b>
<b>Agency/Institution:</b>	<b>American Cancer Society</b>
<b>Address:</b>	<b>20 Mercer Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>1-800-227-2345</b>
<b>Website:</b>	<b>www.cancer.org</b>
<b>Focus:</b>	<b>Promote a physically active lifestyle according to American Cancer Society guidelines to reduce cancer risk</b>
<b>Services:</b>	
<b>Population served:</b>	<b>Adults, work-site employees</b>
<b>Funded by:</b>	<b>Own funding, contributions</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>24 hour/7 days a week answer line 1-800-ACS-2345 Program has specific cancer prevention focus and provides information for cancer patients/survivors.</b>




<b>Program Name:</b>	<b>Bergen HealthEASE, Move Today</b>
<b>Agency/Institution:</b>	<b>County of Bergen, Division of Senior Services</b>
<b>Address:</b>	<b>One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601-7076</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-336-7411</b>
<b>Website:</b>	<b>www.co.bergen.nj.us</b>
<b>Focus:</b>	<b>Motivate older adults to move, improve flexibility and balance through non-aerobic exercise</b>
<b>Services:</b>	   
<b>Population served:</b>	<b>Adults, seniors, unconditioned older adults</b>
<b>Funded by:</b>	<b>Own funding and federal</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>As part of Bergen HealthEASE, educational seminars are also available on wellness topics including exercise.</b>

**Key:**  Education Materials  Workshops/Classes  Program Evaluation  Counseling  
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine  
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






# BERGEN COUNTY Physical Activity Programs






<b>Program Name:</b>	<b>Senior Steps and Seniors in Motion</b>
<b>Agency/Institution:</b>	<b>City of Hackensack - Recreation Department</b>
<b>Address:</b>	<b>116 Holt Street, Hackensack, NJ 07601</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-646-8042</b>
<b>Website:</b>	<b>www.hackensack.org</b>
<b>Other information:</b>	<b>Call for information on current available programs</b>

<b>Program Name:</b>	<b>Exercise class, yoga, tai-chi, arthritis exercise-arthritis foundation</b>
<b>Agency/Institution:</b>	<b>Northwest Bergen Senior Center</b>
<b>Address:</b>	<b>46-50 Center Street, Midland Park, NJ 07432</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-445-5690</b>
<b>Focus:</b>	<b>To stay healthy</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>State, classes are free and small donation</b>
<b>Fees &amp; Charges:</b>	<b>None</b>

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# BERGEN COUNTY Physical Activity Programs

<b>Program Name:</b>	<b>Healthy Bones</b>
<b>Agency/Institution:</b>	<b>Paramus Board of Health</b>
<b>Address:</b>	<b>Paramus Borough Hall, Jockish Square, Paramus, NJ 07652</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-265-2100 ext. 615</b>
<b>Focus:</b>	<b>Prevent osteoporosis</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors, high risk seniors</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>None</b>
<b>Other information:</b>	<b>Healthy Bones fosters socialization and commitment to its 24-week program. The exercises are easy to learn and access to the facility is simple.</b>

<b>Program Name:</b>	<b>Senior Activities</b>
<b>Agency/Institution:</b>	<b>55 Kip Center</b>
<b>Address:</b>	<b>55 Kip Ave., Rutherford, NJ 07070</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-460-1600</b>
<b>Website:</b>	<b>www.55kipcenter.org</b>
<b>Focus:</b>	<b>Successful aging</b>
<b>Services:</b>	    
<b>Population served:</b>	<b>Adults, seniors</b>
<b>Funded by:</b>	<b>Own funding, external grants, private donation, corporate sponsorship</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>Program provides information for cancer patients/survivors</b>

**Key:**  Education Materials    Workshops/Classes    Program Evaluation    Counseling  
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# BERGEN COUNTY Physical Activity Programs

<b>Agency/Institution:</b>	<b>Thomas J. Riley Senior Center</b>
<b>Address:</b>	<b>100 Madison Avenue, Westwood, NJ 07675</b>
<b>County:</b>	<b>Bergen</b>
<b>Phone:</b>	<b>201-666-0840</b>
<b>Focus:</b>	<b>Promote an active, independent lifestyle</b>
<b>Services:</b>	  
<b>Population served:</b>	<b>Seniors</b>
<b>Funded by:</b>	<b>Own funding</b>
<b>Fees &amp; Charges:</b>	<b>Yes</b>
<b>Other information:</b>	<b>We offer multiple physical activity programs such as armchair fitness, tai chi, and yoga.</b>

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